

## MAKING ENOUGH MILK FOR YOUR BABY

### Colostrum

Colostrum, the first milk, is what newborns need for nourishment and protection from germs and sickness. Two to five days after birth, mothers notice that they have more milk. Over time, your breasts will make more milk and less colostrum.

### Making milk is easy when you know how and when to breastfeed

The more your baby breastfeeds and removes milk from the breast the more breastmilk you will make. How much milk you make depends on these things:

- how well your baby is removing milk,
- how often your baby is breastfeeding, and
- how long your baby breastfeeds at each feeding.

Newborns are hungry often because their stomachs are small.

**Newborns need to breastfeed often, every 1 1/2 to 3 hours or 8 to 12 times in 24 hours.** Let your baby finish feeding on the first breast then offer the second. Your baby will let you know when he is full by coming off the breast or falling asleep. As babies continue to grow, they get more milk at each feeding and are able to breastfeed faster.

Babies enjoy breastfeeding. Every baby is different. Some feed a short time and need coaxing to continue. Some babies cluster feed — they breastfeed several times in two to three hours and then sleep deeply for several hours. Some very sleepy babies don't wake up to eat. You might have to wake up a sleepy baby, in the early weeks, to feed him if it has been more than 3 hours since the last feeding.

## How do I know if my baby is getting enough breastmilk?

*Watch for these signs in the first few weeks.*

- My baby is breastfeeding 8-12 times each 24 hours.
- Each 24 hours, my baby is having at least:  
2 bowel movements and 2 wet diapers on day 2,  
3 bowel movements and 3 wet diapers on day 3,  
4 bowel movements and 4 wet diapers on days 4-5,  
4-5 bowel movements and 6-8 wet diapers after day 5.
- My baby ends the feedings, after at least 10 minutes of swallowing; he comes off my breast and is content.
- My breasts feel full before feeding and soft after feeding.
- Breastfeeding my baby is comfortable.
- My baby has regained up to his birth weight by 7-14 days and is gaining 1/2 to 1 ounce per day.
- Call a breastfeeding specialist or your doctor if you did not check all of the above statements.

### Growth spurts

Suddenly your baby is eating all the time! This is called a growth spurt. Breastfeeding more often is your baby's way of building your milk supply to meet his increasing needs. You may notice growth spurts when your baby is:

- 7-10 days old,
- 3 weeks old,
- 6 weeks old,
- 3 months old,
- 6 months old.

Your body will adjust to your baby's needs by making more milk when you breastfeed more often.

### Increasing your milk supply

Breastfeeding more often than usual will increase your milk supply. Add 2 or more extra feedings a day for 3 to 4 days. Massaging your breasts before and during feedings or pumping will also help. If you are away from your baby, pumping more often will help to increase your milk supply.

